

## CLAIMS

The inventor hereby claims:

**1.** (canceled)

**2.** (previously canceled)

**3.** (previously canceled) The reinforced cord well lifting bar assembly according to Claim **1** wherein the exercise bar's body comprises a pair of cord emplacement slots disposed, respectively, for communicable access with each tunnel;  
whereby the cord's emplacement within the bar for impingement in preparation for use in either first or second mode exercise is facilitated.

**4.** (previously canceled)

**5.** (previously canceled)

**6.** (previously canceled)

**7.** (previously canceled)

**8.** (canceled) The reinforced cord well lifting bar assembly according to Claim **3** wherein the exercise bar's body further comprises a cord stretching recess;  
wherein the mid-portion of the stretchable cord may be emplaced along the recess and the cord ends anchored in any manner;  
whereby first mode exercise is facilitated.

**9.** (previously canceled)

**10.** (canceled) The reinforced cord well lifting bar assembly according to Claim **3** wherein each cord emplacement slot is disposed for communicable access with a respective exercise bar's tunnel from a side of the bar's body.

**11.** (canceled) The reinforced cord well lifting bar assembly according to Claim **3** wherein the exercise bar's elongated body comprises

continuously contoured projection;  
whereby rotational positioning of a handgrip's connection block upon  
emplacement for second mode exercise is unimpeded.

**12.** (currently amended) A reinforced cord well lifting bar  
assembly comprising

an exercise bar assembly; and

an elastic exercise cord assembly;

the exercise bar assembly comprising

an elongated body;

an opposing pair of transversely disposed cord  
tunnels, one end of each thereof comprising a first opening of size  
accommodating the disposition of a stretchable exercise cord therethrough, a  
portion of the tunnel comprising size accommodating the cord's impingement  
therein; wherein each cord tunnel additionally comprises two or more shared  
cavity emplacement wells one of them a handgrip block emplacement well  
comprising size permitting the emplacement of a handgrip connection block, the  
other a cord impingement well comprising size permitting impingement of a  
stoppered cord end;

a bar separation assembly comprising a release  
button, snap-fit means of connection and an orientation juncture track and  
groove; whereby upon depressing the button, it is cleared from an otherwise  
obstructing site, permitting opposing portions of the exercise bar's elongated  
body to separate from one another; and, upon rejoining the portions and  
releasing the button and causing it to co-engage a button opening, the snap-fit  
connection means returns the button to its obstructing disposition wherein  
proper interconnection of the exercise bar's body is assured and unintended  
separation of the portions is prevented;  
the elastic exercise cord assembly comprising a stretchable exercise cord  
disposed for impingement at an impingement site within a respective cord tunnel

and comprising means of impingement for connection to the exercise bar's body; whereby, to benefit certain muscles, an operator may undertake any one of a number of second mode exercises against the cord's elastic resistance.

**13.** (canceled)

**14.** (original) The reinforced cord well lifting bar assembly according to Claim **12** wherein the cord impingement well comprises size smaller than that of the handgrip block emplacement well.

**15.** (original) The reinforced cord well lifting bar assembly according to Claim **12** wherein the shared cavity emplacement wells comprised by each cord tunnel is but two thereof in number which are concentrically disposed.

**16.** (original) The reinforced cord well lifting bar assembly according to Claim **15** wherein the exercise bar assembly further comprises a pipe bowl terminus.

**17.** (original) The reinforced cord well lifting bar assembly according to Claim **15** wherein the exercise bar assembly further comprises an inverted pipe bowl terminus..

**18.** (original) The reinforced cord well lifting bar assembly according to Claim **16** wherein the configuration of each handgrip emplacement well is conical and a handgrip's connection block comprises a neck mated to it in configuration for use in second mode exercise.

**19.** (original) The reinforced cord well lifting bar assembly according to Claim **16** wherein

both the accommodation of a connection block by one shared cavity emplacement well and the accommodation of the stretchable cord end by another shared cavity emplacement well is snug;

each handgrip's connection block comprises one or more impingement sectors; and each block emplacement well, a block retaining ledge and one or more block fitting sectors comprising one of:

one or more block impingement nodes; and  
one or more flattened faces;

**20.** (canceled)